

LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 3

WEEK OF January 25th

Winter Wonderland Week



Monday, January 25th: Welcome back to Track 3! This week is Winter Wonderland Week.

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:45	10:45-11:30	11:30-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-2:15	2:15-3:15	3:15-6:30
	Choice Play Art Room/ Gym 2	Snack/ Gym 1	Morning Assembly Meeting Room	Ice Breaker Games Meeting Room	Handball Gym 1	King of the Jungle Meeting Room	Lunch Art Room	Rest Time Meeting Room	Line Tag Gym 1	Name that Tune Art Room	Hockey Gym 1	Join After School

Thursday, January 26th: Don't forget your BLUE SHIRTS! Be sure you have signed the waiver. Please be sure you have comfortable Tennis Shoes for climbing.

	7:00-9:00	9:00-9:30	9:30-12:00				12:00-12:30	12:30-1:00	1:00-1:30	1:30-2:15	2:15-2:45	2:45-3:15	3:15-6:30
	Choice Play Art Room/ Gym 2	Snack/ Gym 1	Pick up from Site @ 9:30am Triangle Rock Club 10:00-11:30 Return to Site @ 12:00pm				Lunch Art Room	Rest Time Meeting Room	Cross the Frozen Pond Gym 1	Plastic Bottle Penguins Art Room	Mat Ball	Gym 1	Join After School

Wednesday, January 27th: Don't forget your BLUE SHIRTS! Participants K-2 will leave at 9:00am sharp.

	7:00-8:30	8:30-9:00	9:00-9:30	9:30-10:00	10:00-11:00	11:00-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-2:15	2:15-2:45	2:45-3:15	3:15-6:30
	Choice Play Art Room/ Gym 2	Snack/ Gym 1	Pick up from Site @ 9:00am Sertoma Arts Center 9:30-10:30 Return to Site @ 11:00am			Playground/ Gym 1	Lunch Art Room	Rest Time Meeting Room	Dragon Tails Gym 1	Edible Snowmen Art Room	Stations Gym 1	Board Games Meeting Room	Join After School
			Line Tag Gym 1	Playground	Pick up from Site @ 10:00am Sertoma Arts Center 10:30-11:30 Return to Site @ 12:00pm								

Thursday, January 28th: Today is Wear Something Wintery Day! Wear a winter-themed shirt, socks, hat or even pants!

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:45	10:45-11:30	11:30-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-2:15	2:15-2:45	2:45-3:15	3:15-6:30
	Choice Play Art Room/ Gym 2	Snack/ Gym 1	Line Tag Gym 1	Snowball Alley Gym 1	Pass the Picture Art Room	20 Questions Studio	Lunch Art Room	Rest Time Meeting Room	Playground	Shivery Snow Paint Art Room	Jailbreak Dodgeball Gym 1	Family Photo Meeting Room	Join After School

Friday, January 29th: We will be watching a winter-themed movie and enjoying some Hot Chocolate during the movie.

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:45	10:45-11:30	11:30-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-3:15		3:15-6:30
	Choice Play Art Room/ Gym 2	Snack/ Gym 1	Winter Charades Meeting Room	How Snow is Formed (Video) Art Room	Ice Cream Meeting Room	Stories with Friends	Lunch Art Room	Rest Time Meeting Room	Make Your Own Snow Art Room	Winter-themed Movie And Hot Chocolate Meeting Room		Join After School

LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 3

WEEK OF February 1st

STEM Week



Monday, February 1st: Welcome to STEM Week!

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:45	10:45-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-2:15	2:15-2:45	2:45-3:15	3:15-6:30
	Choice Play Art Room/ Gym 2	Snack/ Gym 1	Morning Assembly Meeting Room	Ice Breaker Games Meeting Room	Relays Both Gyms	Lunch Art Room	Rest Time Meeting Room	Run the Canyon Gym 1	Water Safety Course Art Room	Group Juggling Gym 1	Frogger Gym 1	Join After School

Tuesday, February 2nd: Today is Science Day. Don't forget your swim gear and a towel.

	7:00-8:15	8:15-9:00	9:00-9:30	9:30-10:15	10:15-11:15	11:15-11:35	11:35-11:50	11:50-2:50	2:50-6:30
	Choice Play Art Room/ Gym 2	Snack/ Gym 1	Cross the Ocean Gym 1	Pop Rockets Art Room	Star Walk App Meeting Room	Lunch Art Room	Get Dressed/ Bathroom/ Water	Pick up from Site @ 11:50am Buffalo Road Aquatic Center 12:20-2:05 Return to Site @ 2:50pm	Join After School

Wednesday, February 3rd: Technology Day. Participants can bring their own electronics to use in the afternoon.

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:45	10:45-11:30	11:30-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-2:15	2:15-3:15	3:15-6:30
	Choice Play Art Room/ Gym 2	Snack/ Gym 1	Run the Canyon Gym 1	How It's Made Art Room	See Ya Later, Alligator Gym 1	Stories with Friends	Lunch Art Room	Rest Time Meeting Room	Run the Canyon Gym 1	Name that Device Art Room	Electronics Time Meeting Room	Join After School

Thursday, February 4th: Engineering Day. Don't forget your BLUE SHIRTS!

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-1:30	1:30-2:00	2:00-3:15	3:15-6:30
	Choice Play Art Room/ Gym 2	Snack/ Gym 1	Hide and Seek Tag Playground	Paper Column Challenge Meeting Room	Pick up from Site @ 10:30am Raleigh Little Theater 11:00-1:00 Return to Site @ 1:30pm	Lunch Art Room	Popsicle Bridge Challenge Meeting Room	Join After School

Friday, February 5th: Math Day

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:45	10:45-11:30	11:30-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-2:15	2:15-3:15	3:15-6:30
	Choice Play Art Room/ Gym 2	Snack/ Gym 1	Red Light, Green Light Gym 1	Musical Chairs Meeting Room	Math Ball Meeting Room	Frogger Gym 1	Lunch Art Room	Rest Time Meeting Room	Ultimate Knockout Gym 1	Math Board Game Meeting Room	Math Jeopardy	Join After School



ARTS/CRAFTS



FOOD EXPERIENCE



DANCE / DRAMA / MOVEMENT



FIELD TRIP



CLINIC



SCIENCE / NATURE

LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 3

WEEK OF February 8th

Valentine's Week



Monday, February 8th: Welcome to VALENTINE'S WEEK for Track 3!

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:45	10:45-11:30	11:30-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-2:15	2:15-2:45	2:45-3:15	3:15-6:30
	Choice Play Art Room/ Gym 2	Snack/ Gym 1	Morning Assembly Meeting Room	Ice Breaker Games Meeting Room	Capture the Flag Gym 1	I Spy Art Room	Lunch Art Room	Rest Time Meeting Room	Playground	Valentine Robots Art Room	Spot the Lion Gym 1	Hangman Art Room	Join After School

Tuesday, February 9th: Today is PAJAMA DAY! Come to Lake Lynn in some comfortable pajamas.

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:45	10:45-11:30	11:30-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-2:15	2:15-2:45	2:45-3:15	3:15-6:30
	Choice Play Art Room/ Gym 2	Snack/ Gym 1	Body Guard Gym 1	DIY Gumball Machine Part 1 Art Room	Pirate's Treasure Gym 1	Chief Meeting Room	Lunch Art Room	Rest Time Meeting Room	Jailbreak Dodgeball Gym 1	Dog and Bone Gym 1	In the Zone Gym 1	Mr. Judge Studio	Join After School

Wednesday, February 10th: Today is HAT DAY! Wear your favorite hat to Track Out.

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:45	10:45-11:30	11:30-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-2:15	2:15-2:45	2:45-3:15	3:15-6:30
	Choice Play Art Room/ Gym 2	Snack/ Gym 1	SPUD Gym 1	Pinball Meeting Room	Parachute Games Gym 1	Stories with Friends	Lunch Art Room	Rest Time Meeting Room	Ultimate Knockout Gym 1	Best Of Meeting Room	DIY Gumball Machine Part 2 Art Room	Steal the Bacon Meeting Room	Join After School

Thursday, February 11th: Don't forget your **BLUE SHIRTS**! Participants will receive popcorn and a drink at the Movies.

	7:00-7:45	7:45-8:30	8:30-11:30			11:30-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-2:15	2:15-3:15		3:15-6:30
	Choice Play Art Room/ Gym 2	Snack/ Gym 1	Pick up from Site @ 8:30am Six Forks Station Cinema 9:00-11:00 Return to Site @ 11:30am			Valentine's Tag Gym 1	Lunch Art Room	Rest Time Meeting Room	Create your own Valentine Art Room	King of the Jungle Meeting Room	Soccer Gym 1		Join After School

Friday, February 12th: Today is RED AND WHITE DAY! Come dressed in all Red and White.

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:45	10:45-11:30	11:30-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-2:15	2:15-2:45	2:45-3:15	3:15-6:30
	Choice Play Art Room/ Gym 2	Snack/ Gym 1	Dance Freeze Meeting Room	Gates, Bridges, and Tunnels Gym 1	Candy Heart Science Art Room	Flying Dutchman Gym 1	Lunch Art Room	Rest Time Meeting Room	Dead Ant Gym 1	Heart Man Valentines Cup Art Room	Steal the Bacon Gym 1	Concentration Studio	Join After School



ARTS/CRAFTS



FOOD EXPERIENCE



DANCE / DRAMA / MOVEMENT



FIELD TRIP



CLINIC



SCIENCE / NATURE

Lake Lynn Track Out

Track 3 - Week 1– Winter Wonderland Week



Field Trip Information and More!

Triangle Rock Club

6022 Duraleigh Road, Raleigh, NC 27612

919-803-5534

Triangle Rock Club is Raleigh's premiere rock climbing facility with climbing walls and boulders. Participants will be given a beginner climbing lesson and should wear comfortable clothing (nothing too loose due to the fact that they will be climbing and wearing climbing harnesses). **This trip will require a waiver to be signed by each child's parent/guardian.**

Sertoma Arts Center

1400 W Millbrook Road, Raleigh, NC 27612

919-996-2329

Participants can brush up on their art skills or learn to develop new ones as they create fun & unique art projects with the help of Art Center Staff!

Other Important Information

We will be spending time outside during the winter; in small spurts. Please be sure participants are dressing appropriately. A jacket, pants and a hat would be preferable.

Reminders

Bring daily

- 1 lunch
- Morning Snack
- Afternoon Snack
- Water Bottle

Field Trips

- Wear blue field trip shirt
- No additional money is needed for any field trips
- Sign field trip waiver

**Thursday is Wear Something Winter-themed Day!!*

**We will be watching a movie and drinking Hot Chocolate on Friday!*

Science/Nature:

-Make Your Own Snow

Arts & Crafts:

-Shivery Snow Paint

-Plastic Bottle Penguins

Food Experience:

-Edible Snowmen

Drama:

-Name That Tune

Clinic:

-How snow is formed

Remember pink & white Key Tag and/or Photo ID when picking up participants



Lake Lynn Track Out

Track 3 - Week 2– STEM Week



Field Trip Information and More!

Buffalo Rd. Aquatic Center

5908 Buffaloe Road, Raleigh, NC 27601

919-996-5600

Participants will get to experience a water slide, lazy river, water vortex, play areas and more at Raleigh Parks, Recreation & Cultural Resources Department's most unique Aquatics facility!

Raleigh Little Theater

301 Pogue Street, Raleigh, NC 27607

919-821-4579

An exciting world of drama awaits at Raleigh Little Theatre! Participants will get the opportunity to experience a behind-the-scenes tour and a short drama workshop.

****Other Important Information****

- Throughout the week, we are going to do various activities that go along with STEM (Science, Technology, Engineering and Math). Usually for STEM, each activity combines all four aspects, but we are putting our own twist on STEM and focusing on one letter a day.
- We will be spending time outside during the winter; in small spurts. Please be sure participants are dressing appropriately. A jacket, pants and a hat would be preferable.

Reminders

Bring daily

- 1 lunch
- Morning Snack
- Afternoon Snack
- Water Bottle

Field Trips

- Wear blue field trip shirt
- No additional money is needed for any field trips
- Swimsuit and Towel for the pool

Science/Nature:

-Pop Rockets

Arts & Crafts:

-Paper Column Challenge

Drama:

-Musical Chairs

Clinic:

-How It's Made

Remember pink & white Key Tag and/or Photo ID when picking-up participants



Lake Lynn Track Out

Track 3 – Week 3 – Valentines Week



Field Trip Information and More!

Six Forks Station Cinema

9500 Forum Drive, Raleigh, NC 27615

919-846-3904

Participants will get to enjoy a trip to the movies complete with popcorn & drink as they view a children's movie on the big screen! (All films are rated PG)

Other Important Information

We will be spending time outside during the winter; in small spurts. Please be sure participants are dressing appropriately. A jacket, pants and a hat would be preferable.

Reminders

Bring daily

- 1 lunch
- Morning Snack
- Afternoon Snack
- Water Bottle

Field Trips

- Wear blue field trip shirt
- No additional money is needed for any field trips

**Tuesday is Pajama Day!!*

Science/Nature:

-Candy Heart Science

Arts & Crafts:

-DIY Gumball Machine

-Create your own

Valentine

-Heart Man Valentines Cup

Food Experience:

-Valentine Robots

Drama:

-Dance Freeze

Remember pink & white Key Tag and/or Photo ID when picking-up participants

